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NAVAL MEDICAL RESEARCH INSTITUTE

Bethesda, MD 20889-5055

NMRI 91-21

May 1991

AD-A236 280



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RECOMMENDED DIETARY MENUS FOR USE IN OPERATIONAL AND RESEARCH SATURATION DIVING

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TECHNICAL REVIEW AND APPROVAL

NMRI 91-21

The experiments reported herein were conducted according to the principles set forth in the current edition of the "Guide for the Care and Use of Laboratory Animals," Institute of Laboratory Animal Resources, National Research Council.

This technical report has been reviewed by the NMRI scientific and public affairs staff and is approved for publication. It is releasable to the National Technical Information Service where it will be available to the general public, including foreign nations.

**LARRY W. LAUGHLIN
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REPORT DOCUMENTATION PAGE

1a. REPORT SECURITY CLASSIFICATION UNCL			1b. RESTRICTIVE MARKINGS		
2a. SECURITY CLASSIFICATION AUTHORITY			3. DISTRIBUTION / AVAILABILITY OF REPORT Approved for public release; distribution is unlimited		
2b. DECLASSIFICATION / DOWNGRADING SCHEDULE					
4. PERFORMING ORGANIZATION REPORT NUMBER(S) NMRI 91-21			5. MONITORING ORGANIZATION REPORT NUMBER(S)		
6a. NAME OF PERFORMING ORGANIZATION Naval Medical Research Institute		6b. OFFICE SYMBOL (If applicable)	7a. NAME OF MONITORING ORGANIZATION Naval Medical Command		
6c. ADDRESS (City, State, and ZIP Code) 8901 Wisconsin Avenue Bethesda, MD 20814-5055			7b. ADDRESS (City, State, and ZIP Code) Department of the Navy Washington, DC 20372-5120		
8a. NAME OF FUNDING / SPONSORING ORGANIZATION Naval Medical Research & Development Command		8b. OFFICE SYMBOL (If applicable)	9. PROCUREMENT INSTRUMENT IDENTIFICATION NUMBER		
8c. ADDRESS (City, State, and ZIP Code) 8901 Wisconsin Avenue Bethesda, MD 20814-5044			10. SOURCE OF FUNDING NUMBERS		
			PROGRAM ELEMENT NO. 63713N	PROJECT NO. M0099	TASK NO. .01A
					WORK UNIT ACCESSION NO. 1003
11. TITLE (Include Security Classification) (U) RECOMMENDED DIETARY MENUS FOR USE IN OPERATIONAL AND RESEARCH SATURATION DIVING					
12. PERSONAL AUTHOR(S) J.W. Thorp and T.J. Doubt					
13a. TYPE OF REPORT Technical Report		13b. TIME COVERED FROM 01/89 TO 05/90		14. DATE OF REPORT (Year, Month, Day) 1991 April	
15. PAGE COUNT 45					
16. SUPPLEMENTARY NOTATION					
17. COSATI CODES			18. SUBJECT TERMS (Continue on reverse if necessary and identify by block number)		
FIELD	GROUP	SUB-GROUP	Nutrition, saturation diving, menus		
19. ABSTRACT (Continue on reverse if necessary and identify by block number) This report describes fifteen daily menus suitable for divers participating in research or operational saturation dives. The menus were developed and tested for acceptability during a series of research saturation dives at the Naval Medical Research Institute. Each menu provides 3500-3600 kcal per day for each diver, with about 30% of energy provided by fat and 10 - 15% from protein. The foods are readily available, simple to store and prepare, and easy to serve to divers in a hyperbaric chamber at depths to 1000 fsw. This report discusses how to use the menus, substitute foods, use a database to develop food orders, and prepare and serve the foods for better acceptability. These menus would be especially useful in research to study metabolic function, nutrient requirements, and physical performance under hyperbaric conditions. They are also recommended for operational use.					
20. DISTRIBUTION / AVAILABILITY OF ABSTRACT <input checked="" type="checkbox"/> UNCLASSIFIED/UNLIMITED <input type="checkbox"/> SAME AS RPT. <input type="checkbox"/> DTIC USERS			21. ABSTRACT SECURITY CLASSIFICATION Unclassified		
22a. NAME OF RESPONSIBLE INDIVIDUAL Regina E. Hunt, Command Editor			22b. TELEPHONE (Include Area Code) (202) 295-0198		22c. OFFICE SYMBOL SD/RSD/NMRI

UNCLASSIFIED

SECURITY CLASSIFICATION OF THIS PAGE

Unclassified
SECURITY CLASSIFICATION OF THIS PAGE

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ACKNOWLEDGEMENTS

The study was supported by the Naval Medical Research and Development Command Research Task M0099.01A-1003. The opinions and assertions contained herein are the private ones of the authors and are not to be construed as official or reflecting the views of the Navy Department or the naval service at large.

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INTRODUCTION

Dietary menus were required for research to study the metabolic function, nutrient requirements, and physical performance of divers during two series of research saturation dives in helium-oxygen environments. The first series included three dives to 150 feet of seawater (fsw), the second series included three dives to 1000 fsw.

This paper describes the menus and how they were developed for use in those experiments. They can be used in future research when it is important to ensure that different results among experiments are not caused by differences in diet. The menus also can be used for operational saturation diving to ensure adequate nutrition for the fleet diver.

GOALS

The menus were designed to meet the following requirements: 1) Foods would be readily available; 2) Foods could easily be stored and prepared for use in the hyperbaric chamber; 3) Foods would be palatable and acceptable to divers working in the hyperbaric chamber; 4) Foods would provide the appropriate amounts of all nutrients required to supply the divers' needs and to avoid abnormal balance states; and 5) Foods would contain the proportion of calories from fat, protein and carbohydrate that follow current recommendations for optimal nutrition for the general population of healthy individuals. The general plan was to combine foods that would provide 3600 kcal per day for each diver with about 30% of energy provided as fat and 10 to 15% of energy

from protein. Adequate amounts of vitamins and minerals would be provided by use of foods from all the major food groups.

METHODS AND DEVELOPMENT

Meal plans were constructed with types and portions of foods that most people normally eat. The diet was then analyzed by computer (Nutritionist III, N-Squared Computing, Salem, OR). After that analysis, serving sizes of various foods were changed in order to achieve the goals for total energy and proportion of energy provided by fat. The process was repeated until the final menu met the criteria described above. For variety and enhanced acceptability, enough menus were developed for fifteen different days, and foods that are commonly thought to be "special" (steak, lobster, Snickers bars, and others) were included.

During the series of research saturation dives, the menus were prepared in the galley near the Man-Rated Chamber Complex by U.S. Navy Mess Specialists and served to the divers in the chamber.

Special problems in storing or preparing foods, getting food into the chamber, or with palatability in the chamber were noted. Based upon that information, foods were substituted or portions were changed to try to improve quality, palatability, and acceptability. Whenever a menu was changed, the computer analysis was repeated to ensure that the original nutritional characteristics were maintained. Revised menus were used during subsequent dives, and the same evaluations were repeated.

The menus were developed and various modifications were made during the course of seven saturation dives. These menus resulted from that development. They were successfully used during the last two saturation dives with excellent acceptability. Those dives were 28-day saturation dives with the divers at 1000 fsw for 15 days.

The results of several studies of nutrient balance and metabolic status are being analyzed and will be reported separately. Preliminary indications are that the diets were adequate for good health and nutrition under the conditions of the research dives.

FOOD CHARACTERISTICS

Some foods that were used in the first versions of the menus had to be replaced by other foods. The acceptance of some foods was different than had been expected, and a few foods were especially popular.

1. Canned vegetables had a "tinny" taste at 1000 fsw; frozen or fresh vegetables were preferred.
2. Most fresh vegetables could be adequately stored and prepared, but the use of fresh fruits was severely limited if fresh supplies were not available almost daily, e.g., bananas, grapes.
3. In contrast to vegetables, canned fruits did not have any abnormal taste.
4. Custards could not be locked into the chamber; they became watery.
5. Ice cream in almost any amount was extremely popular.

6. Sherbet was used in large quantities in order to decrease the proportion of fat compared to that provided by ice cream - sherbet was relatively well-accepted, but not as popular as ice cream.

7. Bagels were acceptable for use at 150 fsw, but they were unpalatable at 1000 fsw. Bread and English Muffins (toasted much preferred to untoasted) were well-accepted at both depths.

8. Milk generally was not a well-accepted beverage because it became warm and less palatable during compression - use in these menus was limited to milk added to dry cereal for breakfast.

9. Lemonade was unpalatable in the hyperbaric chamber; it tasted like "kerosene".

10. In contrast to what was expected before the dives started, there was no evidence that meats (like steak) were difficult to chew, even at 1000 fsw, as long as they were of good quality and appropriately prepared.

11. Carbonated flavored water in 1-liter plastic bottles was kept on ice in the chamber as a popular source of fluid between meals.

FOOD PREPARATION

Once the appropriate menus have been selected, several practices will significantly improve the quality and acceptability of the meals provided to the divers.

The most important requirement is to have cooks who can prepare the food properly and serve the food in an arrangement that is appealing to the diver. Food that is not under nor overcooked and that is arranged neatly on the serving dish is much

more acceptable than the same food improperly cooked and haphazardly dumped on the serving dish. This was obvious in our experience because, although the same two cooks prepared food for any given research dive, several different cooks rotated through the Command during the course of the dive series. Some of the same foods were much better liked when prepared by one set of cooks than when prepared by other cooks.

Special effort is required to serve the foods properly. Meals should be served as soon as possible after they are prepared, and special effort is required to coordinate the timing of food preparation with the divers work schedule. If the divers are late in their work schedule, the cook should be notified so that food preparation can be delayed until the divers will be able to eat. Covered containers and ice should be used as needed to maintain the proper temperatures of the foods when they are transferred to the divers.

It is important to identify the cooks early enough so that they can be oriented and trained to understand the unique requirements of providing food to divers in the chamber. The cooks should be Mess Specialists or other persons who are trained and certified to serve food. They should understand what routines are followed during a saturation dive and how food service has to be integrated into these routines. Ideally, the cooks should become acquainted with the divers before the dive so that both groups will be able to communicate with each other, and respond to the needs of the divers. The cooks must know who is their supervisor in order to receive direction and to obtain support when needed.

USE OF MENUS

Fifteen daily menus are listed in Tables 1 - 15. Serving portions are listed in units that would be easiest to use in preparing the meal, e.g., slices of bread, number of items, cups or other measure. Some requirements are listed as weight in ounces where use of that approximation would give more consistent amounts than if the requirement had been listed in other units, e.g., slices of pie, cheese or roast beef. For those items, it is assumed that part of a larger, pre-weighed unit will be used, e.g., a package or piece of roast beef, cheese, or a pie. The serving in ounces can be prepared by using the right portion of the larger amount. For example, if a pie weighs 32 ounces, then a 7-ounce piece would be just less than a fourth of the pie. Similarly, 4 ounces of fish would be half of an 8-ounce or one-fourth of a 16-ounce package.

When greater accuracy is required, i.e., for nutrient balance or other research studies, the portions of food would have to be weighed on a scale and provided in the gram amounts listed in Tables 1 through 15. Under these conditions it is absolutely required that the research divers are briefed before the dive on how important it is for them to follow the diets as closely as possible. It is impossible to obtain nutritional data without full cooperation of the subjects to consume the food as provided. The subjects should study the menus before research starts so that menus can be modified to allow for individual tolerances.

Substitutions can be made. The amounts of energy, fat, carbohydrate, and protein provided by each food of a menu are listed in Tables 16 - 30, and this information can be used to find an appropriate substitute. For example, most of the calories of fruits and

fruit juices are from carbohydrate. Therefore, apple juice could be replaced by strawberries or orange juice, and the amount needed could be calculated by use of the information provided in Tables 16 - 30.

For the research dives, a computer database was used to prepare the orders for type and amount of food to purchase. The weight of food in each portion was stored in the database. The amount of food to be purchased for any period during the dive was calculated by use of the database. The menus for that period were identified and the number of subjects was used to calculate the total amount of food needed. For nonperishables (canned or frozen foods), the amount needed for the entire dive could be purchased and stored before the dive started. For perishables (such as milk and dairy products, or fresh vegetables), the amount needed each week was calculated by use of the menus for that week. Additional amounts were obtained to allow for waste, and to allow for the fact that some packages (e.g., large cans of fruits or juice) could not be kept for any extended period after they had been opened. This process can be used to develop grocery lists for any research or operational condition.

The diets provided adequate nutrition for the research conditions under which these menus were used. The divers were busy with light to moderate workloads, and the environmental temperature and humidity were adjusted to keep them comfortable. For research or operational dives where the divers might spend long periods doing heavy work or exposed to environments that would cause increased energy expenditure, extra calories should be provided. Available data are inadequate to define how much extra energy will be required. Future research is planned to obtain these data.

USE IN OPERATIONAL SETTING

The most important consideration for the operational setting is to recognize that these menus provide the appropriate mix and balance of nutrients to meet current recommendations for the general population. In the operational setting where meals must be provided to all support personnel as well as the divers, these menus can be used to feed *everybody*.

All of the earlier discussion applies for using these menus in the operational setting, as well as in the research setting. Cooks should be appropriately trained and selected, and their position in the support staff must be clearly defined. Good communication among cooks, divers, and support personnel is paramount. Special effort is required to prepare food properly, arrange it in an appealing presentation, maintain the proper temperature while transferring food to the divers, and coordinate preparation with the divers' work schedule to ensure that quality does not deteriorate because food cannot be served promptly after it is prepared.

Before moving to the dive site, the menus should be selected so that grocery lists can be generated and foods can be obtained. As discussed earlier, all of the foods in these menus are commonly eaten and accepted by the general population; they are relatively inexpensive and easy to obtain, store, and prepare.

Compared to the usual American diet, the relative portions of different foods have been modified to reduce fat and increase carbohydrate. For example, the fat content of breakfast in Menu 01X has been decreased by using 2% milk and limiting the amount of bacon and margarine; the amount of carbohydrate is increased by using several different

foods that are primarily carbohydrate (apple juice, cereal, muffin, jam, and sugar). As another example, in Menu 03X, the amount of roast beef might seem small and the amounts of bread, rice, and oranges might seem relatively large compared to the amounts that most people usually eat.

In order to maintain nutrient adequacy and balance, the serving portions *must* be provided as described in the menus, and *all* foods in the menu must be eaten. It is *not possible*, for example, to maintain the appropriate nutrient balance by eating extra eggs and omitting waffles and syrup at breakfast. Substitutions can be made, but they can be made only by using foods with similar composition. The amounts of energy, fat, carbohydrate, and protein provided by each food of a menu are listed in Tables 16-30, and this information must be used to find an appropriate substitute. For example, most of the calories of fruits and fruit juices are from carbohydrate. Therefore, apple juice can be replaced by strawberries or orange juice, and the amount needed can be calculated by use of the information provided in Tables 16-30.

The menus list foods individually, even where it is obvious that several foods will be combined as a sandwich or salad. In Menu 01X, the tuna fish, salad dressing, bread, and lettuce for lunch would be a sandwich. In Menu 02X, the dinner salad would contain lettuce, peppers, radishes, and French dressing.

These menus will provide adequate calories for almost everyone at the dive site for the 10 to 20 days that most dives require. For dives shallower than 300 fsw, several divers might gain a small amount of weight, but very few will lose weight. For deeper dives divers are more likely to lose weight, but the losses will be minimal except for

divers who do not eat the amount of food defined in these menus. Unless they are working extremely hard, support personnel who eat everything on the menu will generally receive slightly more calories than they need and gain weight.

In our experience, divers in the chamber at 1000 fsw tended to have depressed appetites. Therefore, they consumed slightly fewer calories than provided by these menus and they lost some weight during the dive. The major goal during these deeper dives, and for dives with exposure to cold water or extra heavy work should be to encourage most divers in the chamber to eat all of the food that is provided. If more food is needed, extra portions of any food can be provided. For example, a diver who needs more than 3600 kcal might have an extra tuna sandwich at lunch or an extra portion of ice cream for snack; that would not compromise the nutrient adequacy of the menus, *as long as other foods on the menu are not omitted.*

Divers at relatively shallow depths (300 fsw or less) without extremely heavy work or hostile environmental conditions and most support personnel will need less than 3600 kcal per daily. In that situation, the decreased caloric intake can be achieved by decreasing or omitting some food portions, *as long as other portions are not increased and other foods are not added.*

Table 1. Menu 01X.

FOOD NAME	SERVING PORTION	AMOUNT
BREAKFAST		
MILK-2% FAT-LOWFAT-FLUID	1.5 CUPS	366.0 GMS
APPLE JUICE-CANNED/BOTTLED	1.0 CUP	248.0 GMS
BACON-PORK-BROILED/FRIED	5.0 SLICES	31.5 GMS
CEREAL-CHEERIOS	1.5 CUPS	34.1 GMS
MUFFIN-ENGLISH-PLAIN	1.0 ITEM	56.0 GMS
JAMS/PRESERVES-REGULAR	2.0 TBSPS	40.0 GMS
MARGARINE-CORN-REG	1.0 TSP	4.7 GMS
SUGAR-WHITE-GRANULATED	2.0 TBSPS	24.0 GMS
LUNCH		
SOUP-VEGETABLE-CAN	2.0 CUPS	480.0 GMS
FISH-TUNA-WHITE-CAN/WATER	3.0 OUNCES	85.0 GMS
SAL DRESS-MAYO-LOW-CAL	3.0 TBSPS	48.0 GMS
BREAD-WHOLE WHEAT	3.0 SLICES	84.0 GMS
LETTUCE-ICEBERG-RAW-LEAVES	1.0 OUNCE	28.3 GMS
CORN CHIPS	2.0 OUNCES	56.7 GMS
APPLE JUICE-CANNED/BOTTLED	2.0 CUPS	496.0 GMS
DINNER		
TURK-BREAST-NO SKIN-ROAST	0.3 POUND	136.1 GMS
GRAVY-CHICKEN-CANNED	0.5 CUP	119.0 GMS
NOODLES-EGG-ENR-COOKED	1.0 CUP	160.0 GMS
SQUASH-ZUCCHINI-FROZ-BOIL	1.0 CUP	223.0 GMS
CRANBERRY SAUCE-CAN-SWEET	1.0 CUP	277.0 GMS
TEA-INSTANT-PREP-UNSWEET	2.0 CUPS	474.0 GMS
SNACK		
ICE CREAM-VAN-HARD-16% FAT	1.5 CUPS	222.0 GMS

NUTRIENT VALUES

Kcalories	3564 Kc	Carbohydrate	521.4 Gm
Protein	130.8 Gm	Fat	106.6 Gm
Protein: 15%	Carbohydrate: 58%	Fat: 27%	

Table 2. Menu 02X.

FOOD NAME	SERVING PORTION	AMOUNT
BREAKFAST		
GRAPE JUICE-CAN/BOTTLE	2.0 CUPS	506.0 GMS
EGG-SCRAMBLED-MILK/BUTTER	2.0 ITEMS	128.0 GMS
BREAD-RAISIN	2.0 SLICES	50.0 GMS
MARGARINE-CORN-REG	2.0 TSPS	9.4 GMS
JAMS/PRESERVES-REGULAR	2.0 TBSPS	40.0 GMS
LUNCH		
HAM-EXTRA LEAN-5% FAT-ROAST	4.0 OUNCES	113.4 GMS
SAUCE-BARBECUE	2.0 TBSPS	31.3 GMS
ROLL-HAMBURGER/HOT DOG	2.0 ITEMS	80.0 GMS
CELERY-PASCAL-RAW-STALK	1.0 ITEM	40.0 GMS
CHEESE-COTTAGE-4%	0.3 CUP	63.0 GMS
PIE-CHERRY	5.0 OUNCES	141.8 GMS
TEA-INSTANT-PREP-UNSWEET	2.0 CUPS	474.0 GMS
DINNER		
BEEF-LEAN/FAT-SIMM/ROAST	4.0 OUNCES	113.4 GMS
GRAVY-BEEF-CANNEED	0.5 CUP	116.5 GMS
POTATO-BOIL-PEEL BEFORE	2.0 ITEMS	270.0 GMS
TOMATO-RED-CAN-STEWED	0.75 CUP	191.3 GMS
LETTUCE-ICEBERG-RAW-LEAVE	3.0 OUNCES	85.1 GMS
PEPPERS-SWEET-RAW	0.5 ITEM	37.0 GMS
RADISHES-RAW	5.0 ITEMS	22.5 GMS
SAL DRESS-FRENCH	2.0 TBSPS	31.2 GMS
SHERBET-ORANGE-2% FAT	1.5 CUPS	289.5 GMS
TEA-INSTANT-PREP-UNSWEET	2.0 CUPS	474.0 GMS
SNACKS		
STRAWBERRIES-CAN/SYRUP	1.0 CUP	254.0 GMS
COOKIE-OATMEAL/RAISIN-MIX	6.0 ITEMS	78.0 GMS

NUTRIENT VALUES

Kcalories	3586 Kc	Carbohydrate	521.5 Gm
Protein	112.3 Gm	Fat	122.8 Gm
Protein: 12%	Carbohydrate: 57%	Fat: 30%	

Table 3. Menu 03X.

FOOD NAME	SERVING PORTION	AMOUNT
BREAKFAST		
MILK-2% FAT-LOWFAT-FLUID	1.5 CUPS	366.0 GMS
ORANGE JUICE-CAN	2.0 CUPS	498.0 GMS
CEREAL-CORN FLAKES	2.0 CUPS	50.0 GMS
EGG-SCRAMBLED-MILK/BUTTER	2.0 ITEMS	128.0 GMS
MUFFIN-ENGLISH-PLAIN	2.0 ITEMS	112.0 GMS
JAMS/PRESERVES-REGULAR	2.0 TBSPS	40.0 GMS
MARGARINE-CORN-REG	1.0 TBSP	14.1 GMS
SUGAR-WHITE-GRANULATED	1.0 TBSP	12.0 GMS
LUNCH		
TOMATO-RAW-RED-RIPE	1.0 ITEM	3.0 GMS
LETTUCE-ICEBERG-RAW-LEAVES	3.0 OUNCES	85.1 GMS
SAL DRESS-RANCH STYLE	1.0 TBSP	15.0 GMS
PIZZA-CHEESE-BAKED	8.0 OUNCES	226.8 GMS
TEA-INSTANT-PREP-UNSWEET	2.0 CUPS	474.0 GMS
DINNER		
BEEF-LEAN/FAT-SIMM/ROAST	4.0 OUNCES	113.4 GMS
GRAVY-BEEF-CANNED	0.5 CUP	116.5 GMS
BEAN-GREEN-FROZ-FRENCH	1.0 CUP	135.0 GMS
RICE-WHITE-LONG GRAIN-COOK	1.0 CUP	205.0 GMS
BREAD-WHOLE WHEAT	2.0 SLICES	56.0 GMS
ORANGES-RAW-SECTIONS	1.0 CUP	180.0 GMS
TEA-INSTANT-PREP-UNSWEET	2.0 CUPS	474.0 GMS
MARGARINE-CORN-REG	1.0 TBSP	14.1 GMS
CAKE-POUND	1.0 SLICE	33.0 GMS
SNACK		
RAISINS-SEEDLESS	0.7 CUP	108.8 GMS
NUTS-CASHEWS-DRY ROASTED	0.2 CUP	34.3 GMS

NUTRIENT VALUES

Kcalories	3668 Kc	Carbohydrates	511.2 Gm
Protein	126.3 Gm	Fat	132.0 Gm
Protien: 14%	Carbohydrate: 55%	Fat: 32%	

Table 4. Menu 04X.

FOOD NAME	SERVING PORTION	AMOUNT
BREAKFAST		
ORANGE JUICE-CAN	2.0 CUPS	498.0 GMS
WAFFLES-FROZEN	4.0 OUNCES	113.4 GMS
SYRUP-PANCAKE-LIGHT-LOW CAL	2.0 FLOZS	78.0 GMS
MARGARINE-CORN-REG	1.0 TBSP	14.1 GMS
EGG-SCRAMBLED-MILK/BUTTER	2.0 ITEMS	128.0 GMS
LUNCH		
FISH-TUNA-WHITE-CAN/WATER	3.0 OUNCES	85.0 GMS
SAL DRESS-MAYO-LOW CAL	3.0 TBSPS	48.0 GMS
BREAD-PITA	2.0 ITEMS	76.0 GMS
APRICOTS-DRIED-UNCOOKED	0.5 CUP	65.0 GMS
CELERY-PASCAL-RAW-STALK	1.0 ITEM	40.0 GMS
RADISHES-RAW	10.0 ITEMS	45.0 GMS
APPLE JUICE-CANNED/BOTTLED	2.5 CUPS	620.0 GMS
DINNER		
FISH-COD-BROILED/BUTTER	3.0 OUNCES	85.0 GMS
CAULIFLOWER-FROZ-BOIL	1.0 CUP	180.0 GMS
CORN-FROZ-BOIL-KERNELS	1.0 CUP	165.0 GMS
LETTUCE-ICEBERG-RAW-LEAVES	2.0 OUNCES	56.7 GMS
TOMATO-RAW-RED-RIPE	0.5 ITEM	61.5 GMS
SAL DRESS-ITALIAN	4.0 TBS/PS	58.8 GMS
CAKE-POUND	1.0 SLICE	33.0 GMS
TEA-INSTANT-PREP-UNSWEET	2.0 CUPS	474.0 GMS
SNACK		
SHERBET-ORANGE-2% FAT	2.0 CUPS	386.0 GMS
COOKIE-SUGAR-MIX	5.0 ITEMS	100.0 GMS

NUTRIENT VALUES

Kcalories	3584 Kc	Carbohydrate	543.4 Gm
Protein	98.7 Gm	Fat	122.8 Gm
Protein: 11%	Carbohydrate: 59%	Fat: 30%	

Table 5. Menu 05X.

FOOD NAME	SERVING PORTION	AMOUNT
BREAKFAST		
MILK-2% FAT-LOWFAT-FLUID	1.5 CUPS	366.0 GMS
ORANGE JUICE-CAN	1.0 CUP	249.0 GMS
CEREAL-RAISIN BRAN	1.5 CUPS	84.0 GMS
MUFFIN-ENGLISH-PLAIN	2.0 ITEMS	112.0 GMS
JAMS/PRESERVES-REGULAR	2.0 TBSPS	40.0 GMS
MARGARINE-CORN-REG	1.0 TBSP	14.1 GMS
SUGAR-WHITE-GRANULATED	1.0 TBSP	12.0 GMS
LUNCH		
SOUP-VEGETABLE-CAN	1.0 CUP	240.0 GMS
CHEESE-CHEDDAR-CUT PIECES	4.0 OUNCES	113.4 GMS
CRACKERS-SALTINES	8.0 ITEMS	22.0 GMS
TOMATO-RAW-RED-RIPE	1.0 ITEM	123.0 GMS
CUCUMBER-RAW-SLICED	0.3 CUP	31.2 GMS
LETTUCE-ICEBERG-RAW-LEAVES	2.0 OUNCES	56.7 GMS
SAL DRESS-RANCH STYLE	2.0 TBSPS	30.0 GMS
GRAPE JUICE-CAN & BOTTLE	2.0 CUPS	506.0 GMS
DINNER		
HAM-EXTRA LEAN-5% FAT-ROAST	7.0 OUNCES	198.4 GMS
SWEET POTATO-CAN-VACUUM	1.0 CUP	200.0 GMS
BEANS-GREEN-FROZ-FRENCH	1.0 CUP	135.0 GMS
BREAD-WHOLE WHEAT	2.0 SLICES	56.0 GMS
PINEAPPLE-CAN/JUICE	1.0 CUP	250.0 GMS
TEA-INSTANT-PREP-UNSWEET	2.0 CUPS	474.0 GMS
MARGARINE-CORN-REG	1.0 TBSP	14.1 GMS
SNACK		
NUTS-CASHEWS-OIL ROASTED	0.3 CUP	39.0 GMS
SHERBET-ORANGE-2% FAT	1.3 CUPS	250.9 GMS

NUTRIENT VALUES

Kcalories	3663 Kc	Carbohydrate	525.9 Gm
Protein	129.9 Gm	Fat	123.0 Gm
Protein: 14%	Carbohydrate: 56%	Fat: 30%	

Table 6. Menu 06X.

FOOD NAME	SERVING PORTION	AMOUNT
BREAKFAST		
MILK-2% FAT-LOWFAT-FLUID	1.5 CUPS	366.0 GMS
APPLE JUICE-CANNED/BOTTLED	2.0 CUPS	496.0 GMS
EGG-SCRAMBLED-MILK/BUTTER	2.0 ITEMS	128.0 GMS
CEREAL-CHEERIOS	1.5 CUPS	34.1 GMS
MUFFIN-BRAN	2.0 ITEMS	80.0 GMS
SUGAR-WHITE-GRANULATED	1.0 TBSP	12.0 GMS
LUNCH		
CARROT-RAW-SHRED-SCRAPED	1.0 CUP	110.0 GMS
RAISINS-SEEDLESS	0.3 CUP	43.5 GMS
HAM-EXTRA LEAN-5% FAT-ROAST	3.0 OUNCES	85.1 GMS
BREAD-WHOLE WHEAT	2.0 SLICES	56.0 GMS
SAL DRESS-MAYO-LOW CAL	1.0 TBSP	16.0 GMS
MUSTARD-YELLOW-PREPARED	1.0 TBSP	15.0 GMS
ORANGE JUICE-CAN	2.0 CUPS	498.0 GMS
DINNER		
CHICK BREAST-NO SKIN-ROAST	1.0 ITEM	172.0 GMS
PEAS-GREEN-FROZ-BOIL-DRAIN	1.0 CUP	160.0 GMS
GRAVY-CHICKEN-CANNED	0.3 CUP	71.4 GMS
RICE-WHITE-LONG GRAIN-COOK	1.5 CUPS	307.5 GMS
PIE-PEACH	7.0 OUNCES	198.4 GMS
TEA-INSTANT-PREP-UNSWEET	2.0 CUPS	474.0 GMS
SNACK		
ICE CREAM-VAN-HARD-16% FAT	1.7 CUPS	259.0 GMS

NUTRIENT VALUES

Kcalories	3614 Kc	Carbohydrate	505.8 Gm
Protein	145.2 Gm	Fat	117.4 Gm
Protein: 16%	Carbohydrate: 55%	Fat: 29%	

Table 7. Menu 07X.

FOOD NAME	SERVING PORTION	AMOUNT
BREAKFAST		
GRAPE JUICE-CAN & BOTTLE	2.0 CUPS	506.0 GMS
WAFFLES-FROZEN	4.0 OUNCES	113.4 GMS
SYRUP-PANCAKE-LIGHT-LOW CAL	2.0 FL OZS	78.0 GMS
MARGARINE-CORN-REG	1.0 TBSP	14.1 GMS
EGG-SCRAMBLED-MILK/BUTTER	2.0 ITEMS	128.0 GMS
LUNCH		
HAM-EXTRA LEAN-5% FAT-ROAST	2.0 OUNCES	56.7 GMS
CHEESE-SWISS	1.0 OUNCE	28.4 GMS
BREAD-WHOLE WHEAT	2.0 SLICES	56.0 GMS
MUSTARD-YELLOW-PREPARED	2.0 TBSPS	30.0 GMS
SAL DRESS-MAYO-LOW CAL	2.0 TBSPS	32.0 GMS
PINEAPPLE-CAN/JUICE	1.0 CUP	250.0 GMS
TEA-INSTANT-PREP-UNSWEET	2.0 CUPS	474.0 GMS
DINNER		
SQUASH-ZUCCHINI-FROZ-BOIL	1.0 CUP	223.0 GMS
SPAGHETTI-COOK-TENDER-HOT	1.0 CUP	140.0 GMS
HAMBURGER-GROUND-REG-FRIED	2.0 OUNCES	56.7 GMS
SAUCE-SPAGHETTI-CANNED	0.5 CUP	124.5 GMS
CHEESE-PARMESAN-GRATED	3.0 TBSPS	18.8 GMS
LETTUCE-ICEBERG-RAW-LEAVES	2.0 OUNCES	56.7 GMS
TOMATO-RAW-RED-RIPE	0.5 ITEM	61.5 GMS
CUCUMBER-RAW-SLICED	0.3 CUP	31.2 GMS
SAL DRESS-ITALIAN	2.0 TBSPS	29.4 GMS
BREAD-FRENCH	2.0 SLICES	70.0 GMS
PIE-CHEERY	5.0 OUNCES	141.8 GMS
APPLE JUICE-CANNED/BOTTLED	2.0 CUPS	496.0 GMS
SNACK		
RAISINS-SEEDLESS	0.7 CUP	108.8 GMS
NUTS-CASHEWS-DRY ROASTED	0.3 CUP	41.1 GMS

NUTRIENT VALUES

Kcalories	3694 Kc	Carbohydrate	545.0 Gm
Protein	102.0 Gm	Fat	133.7 Gm

Protein: 11%	Carbohydrate: 57%	Fat: 32%
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Table 8. Menu 08X.

FOOD NAME	SERVING PORTION	AMOUNT
BREAKFAST		
MILK-2% FAT-LOWFAT-FLUID	1.3 CUPS	317.2 GMS
GRAPE JUICE-CAN & BOTTLE	1.5 CUPS	379.5 GMS
CEREAL-RAISIN BRAN	1.5 CUPS	84.0 GMS
BREAD-WHOLE WHEAT	2.0 SLICES	56.0 GMS
JAMS/PRESERVES-REGULAR	2.0 TBSPS	40.0 GMS
MARGARINE-CORN-REG	1.0 TBSP	14.1 GMS
SUGAR-WHITE-GRANULATED	2.0 TBSPS	24.0 GMS
LUNCH		
SOUP-VEGETABLE-CAN	1.2 CUPS	300.0 GMS
CHEESE-CHEDDAR-CUT PIECES	3.0 OUNCES	85.0 GMS
CRACKERS-SALTINES	8.0 ITEMS	22.0 GMS
CAULIFLOWER-RAW-CHOPPED	1.0 CUP	100.0 GMS
APPLE JUICE-CANNED/BOTTLED	2.0 CUPS	496.0 GMS
DINNER		
FISH-HADDOCK-COOK-DRY HEAT	6.0 OUNCES	170.1 GMS
VEGETABLES-MIXED-FROZ-BOIL	1.0 CUP	182.0 GMS
LETTUCE-ICEBERG-RAW-LEAVES	2.0 OUNCES	56.7 GMS
CUCUMBER-RAW-SLICED	0.5 CUP	52.0 GMS
PEPPERS-SWEET-RAW	0.5 ITEM	37.0 GMS
SAL DRESS-RANCH STYLE	3.0 TBSPS	45.0 GMS
BREAD-FRENCH	2.0 SLICES	70.0 GMS
TEA-INSTANT-PREP-UNSWEET	2.0 CUPS	474.0 GMS
MARGARINE-CORN	1.0 TBSP	14.1 GMS
PIE-BLUEBERRY	8.0 OUNCES	226.8 GMS
SNACK		
SHERBET-ORANGE-2% FAT	1.5 CUPS	289.5 GMS

NUTRIENT VALUES

Kcalories	3657 Kc	Carbohydrate	550.7 Gm
Protein	117.3 Gm	Fat	116.3 Gm
Protein: 13%	Carbohydrate: 59%	Fat: 28%	

Table 9. Menu 09X.

FOOD NAME	SERVING PORTION	AMOUNT
BREAKFAST		
MILK-2% FAT-LOWFAT-FLUID	1.5 CUPS	366.0 GMS
ORANGE JUICE-CAN	1.0 CUP	249.0 GMS
CEREAL-CORN FLAKES	2.0 CUPS	50.0 GMS
BREAD-RAISIN	2.0 SLICES	50.0 GMS
JAMS/PRESERVES-REGULAR	2.0 TBSPS	40.0 GMS
MARGARINE-CORN-REG	1.0 TBSP	14.1 GMS
SUGAR-WHITE-GRANULATED	1.0 TBSP	12.0 GMS
LUNCH		
SOUP-BEAN/BACON-CAN-WATER	1.0 CUP	253.0 GMS
FISH-TUNA-WHITE-CAN/WATER	3.0 OUNCES	85.0 GMS
SAL DRESS-MAYO-LOW CAL	2.0 TBSPS	48.0 GMS
BREAD-PITA	1.0 ITEM	38.0 GMS
CARROT-RAW-WHOLE-SCRAPED	2.0 ITEMS	144.0 GMS
CELERY-PASCAL-RAW-STALK	2.0 ITEMS	80.0 GMS
RAISINS-SEEDLESS	0.5 CUP	72.5 GMS
CANDY-SNICKERS BAR	1.0 ITEM	57.0 GMS
APPLE JUICE-CANNED/BOTTLED	2.0 CUPS	496.0 GMS
DINNER		
LETTUCE-ICEBERG-RAW-LEAVES	2.0 OUNCES	56.7 GMS
TOMATO-RAW-RED-RIPE	0.5 ITEM	61.5 GMS
HAMBURGER-GROUND-REG-FRIED	0.25 POUND	113.4 GMS
TOMATO CATSUP	2.0 FL OZS	60.0 GMS
MUSTARD-YELLOW-PREPARED	2.0 TBSPS	30.0 GMS
ROLL-HAMBURGER/HOT DOG	1.0 ITEM	40.0 GMS
POTATO CHIPS-SALT ADDED	20.0 ITEMS	40.0 GMS
STRAWBERRIES-CAN/SYRUP	1.0 CUP	254.0 GMS
TEA-INSTANT-PREP-UNSWEET	2.0 CUPS	474.0 GMS
SNACK		
ICE CREAM-VAN-HARD-16% FAT	1.3 CUPS	192.4 GMS

NUTRIENT VALUES

Kcalories	3596 Kc	Carbohydrate	530.8 Gm
Protein	108.5 Gm	Fat	124.0 Gm
Protein: 12%	Carbohydrate: 58%	Fat: 30%	

Table 10. Menu 10X.

FOOD NAME	SERVING PORTION	AMOUNT
BREAKFAST		
MILK-2% FAT-LOWFAT-FLUID	1.5 CUPS	366.0 GMS
ORANGE JUICE-CAN	1.0 CUP	249.0 GMS
CEREAL-CHEERIOS	1.5 CUPS	34.1 GMS
JAMS/PRESERVES-REGULAR	2.0 TBSPS	40.0 GMS
MUFFIN-ENGLISH-PLAIN	2.0 ITEMS	112.0 GMS
MARGARINE-CORN-REG	1.0 TBSP	14.1 GMS
SUGAR-WHITE-GRANULATED	2.0 TBSPS	24.0 GMS
LUNCH		
HAMBURGER-GROUND-REG-FRIED	0.2 POUND	113.4 GMS
CHEESE-AMERICAN-PROCESSED	1.0 PIECE	28.0 GMS
TOMATO CATSUP	3.0 FL OZS	90.0 GMS
MUSTARD-YELLOW-PREPARED	2.0 TBSPS	30.0 GMS
ROLL-HAMBURGER/HOTDOG	2.0 ITEMS	80.0 GMS
CARROT-RAW-WHOLE-SCRAPED	1.0 ITEM	72.0 GMS
CELERY-PASCAL-RAW-STALK	1.0 ITEM	40.0 GMS
GRAPE JUICE-CAN & BOTTLE	2.0 CUPS	506.0 GMS
DINNER		
SPAGHETTI-COOK-TENDER-HOT	1.7 CUPS	245.0 GMS
SAUSAGE-PATTY-PORK-COOKED	2.0 ITEMS	54.0 GMS
SAUCE-SPAGHETTI-CANNED	0.5 CUP	124.5 GMS
BEANS-GREEN-FROZ-FRENCH	1.0 CUP	135.0 GMS
FRUIT COCKTAIL-CAN/JUICE	1.0 CUP	248.0 GMS
TEA-INSTANT-PREP-UNSWEET	2.0 CUPS	474.0 GMS
SNACK		
SHERBET-ORANGE-2% FAT	1.0 CUP	193.0 GMS
COOKIE-SUGAR-MIX	5.0 ITEMS	100.0 GMS

NUTRIENT VALUES

Kcalories	3658 Kc	Carbohydrate	557.9 Gm
Protein	103.8 Gm	Fat	115.5 Gm
Protein: 11%	Carbohydrate: 61%	Fat: 28%	

Table 11. Menu 11X.

FOOD NAME	SERVING PORTION	AMOUNT
BREAKFAST		
GRAPE JUICE-CAN & BOTTLE	2.0 CUPS	506.0 GMS
EGG-SCRAMBLE-MILK/BUTTER	2.0 ITEMS	128.0 GMS
MUFFIN-ENGLISH-PLAIN	2.0 ITEMS	112.0 GMS
MARGARINE-CORN-REG	1.0 TBSP	14.1 GMS
LUNCH		
SOUP-BEAN/BACON-CAN/WATER	2.0 CUPS	506.0 GMS
CRACKERS-RITZ	10.0 ITEMS	33.3 GMS
CHEESE-COTTAGE-LOWFAT-2%	1.0 CUP	226.0 GMS
CUCUMBER-RAW-SLICED	0.5 CUP	52.0 GMS
TOMATO-RAW-RED-RIPE	1.0 ITEM	123.0 GMS
PEPPERS-SWEET-RAW	1.0 ITEM	74.0 GMS
SAL DRESS-ITALIAN	1.0 TBSP	14.7 GMS
ORANGE JUICE-CAN	2.0 CUPS	498.0 GMS
DINNER		
STEAK-TENDERLOIN-COOKED	0.5 POUND	226.8 GMS
POTATO-BAKED-FLESH & SKIN	1.2 ITEMS	252.5 GMS
CREAM-SOUR-CULTURED	0.25 CUP	57.5 GMS
MARGARINE-CORN-REG	1.5 TBSPS	21.1 GMS
APPLES-RAW-UNPEELED	0.5 ITEM	69.0 GMS
ORANGES-RAW-SECTIONS	1.0 CUP	180.0 GMS
NUT-WALNUT-PERSIAN/ENGLISH	2.0 TBSPS	15.0 GMS
HONEY-STRAINED/EXTRACTED	1.0 TBSP	21.0 GMS
YOGURT-PLAIN-LOWFAT	1.0 TBSP	14.2 GMS
TEA-INSTANT-PREP-UNSWEET	2.0 CUPS	474.0 GMS
SNACK		
SHERBET-ORANGE-2% FAT	1.5 CUPS	289.5 GMS

NUTRIENT VALUES

Kcalories	3640 Kc	Carbohydrate	473.9 Gm
Protein	157.9 Gm	Fat	128.6 Gm
Protein: 17%		Carbohydrate: 56%	Fat: 30%

Table 12. Menu 12X.

FOOD NAME	SERVING PORTION	AMOUNT
BREAKFAST		
MILK-2% FAT-LOWFAT-FLUID	1.5 CUPS	366.0 GMS
ORANGE JUICE-CAN	1.5 CUPS	373.5 GMS
CEREAL-CORN FLAKES	2.0 CUPS	50.0 GMS
EGG-SCRAMBLED-MILK/BUTTER	2.0 ITEMS	128.0 GMS
SUGAR-WHITE-GRANULATED	1.0 TBSP	12.0 GMS
LUNCH		
TOMATO JUICE-CAN	1.0 CUP	244.0 GMS
CHICK-BREAST-NO SKIN-ROAST	0.2 POUND	113.4 GMS
CARROT-RAW-WHOLE-SCRAPED	1.0 ITEM	72.0 GMS
CELERY-PASCAL-RAW-STALK	1.0 ITEM	40.0 GMS
PEACHES-CAN/HEAVY SYRUP	1.0 CUP	256.0 GMS
BREAD-WHOLE WHEAT	2.0 SLICES	56.0 GMS
MARGARINE-CORN-REG	1.0 TBSP	14.1 GMS
TEA-INSTANT-PREP-UNSWEET	2.0 CUPS	474.0 GMS
DINNER		
SALAD-THREE BEAN-DEL MONTE	7.0 OUNCES	198.4 GMS
SPAGHETTI-COOK-TENDER-HOT	1.7 CUPS	245.0 GMS
SAUCE-SPAGHETTI-CANNED	1.0 CUP	249.0 GMS
ITALIAN SAUSAGE-PORK-LINK	1.0 ITEM	67.0 GMS
BREAD-FRENCH	2.0 SLICES	70.0 GMS
MARGARINE-CORN-REG	1.0 TBSP	14.1 GMS
PIE-PEACH	5.0 OUNCES	141.8 GMS
APPLE JUICE-CANNED/BOTTLED	2.0 CUPS	496.0 GMS
SNACK		
ICE CREAM-VAN-HARD-16% FAT	1.0 CUP	148.0 GMS

NUTRIENT VALUES

Kcalories	3625 Kc	Carbohydrate	520.8 Gm
Protein	120.8 Gm	Fat	124.7 Gm
Protein: 13%	Carbohydrate: 56%	Fat: 30%	

Table 13. Menu 13X.

FOOD NAME	SERVING PORTION	AMOUNT
BREAKFAST		
GRAPE JUICE-CAN & BOTTLE	2.5 CUPS	632.5 GMS
EGG-SCRAMBLED-MILK/BUTTER	2.0 ITEMS	128.0 GMS
MUFFIN-ENGLISH-PLAIN	2.0 ITEMS	112.0 GMS
PEANUT BUTTER-CHUNK STYLE	1.0 TBSP	16.1 GMS
JAMS/PRESERVES-REGULAR	2.0 TBSPS	40.0 GMS
LUNCH		
PINEAPPLE-CAN/JUICE	0.5 CUP	125.0 GMS
HAM-EXTRA LEAN-5% FAT-ROAST	4.0 OUNCES	113.4 GMS
SAL DRESS-MAYO-LOW CAL	1.0 TBSP	16.0 GMS
BREAD-WHOLE WHEAT	2.0 SLICES	56.0 GMS
TOMATO-RAW-RED-RIPE	0.5 ITEM	61.5 GMS
CUCUMBER-RAW-SLICED	0.5 CUP	52.0 GMS
SAL DRESS-RANCH STYLE	1.0 FL OZ	30.0 GMS
CANDY-SINCKERS BAR	1.0 ITEM	57.0 GMS
TEA-INSTANT-PREP-UNSWEET	2.0 CUPS	474.0 GMS
DINNER		
FISH-LOBSTER-BROIL/BUTTER	2.0 CUPS	290.0 GMS
LETTUCE-ICEBERG-RAW-LEAVES	3.0 OUNCES	85.1 GMS
TOMATO-RAW-RED-RIPE	1.5 ITEMS	184.5 GMS
BACON BITS	2.0 TBSPS	12.0 GMS
SAL DRES-ITALIAN	2.0 TBSPS	29.4 GMS
RICE-WHITE-LONG GRAIN-COOK	1.5 CUPS	307.5 GMS
TEA-INSTANT-PREP-UNSWEET	2.0 CUPS	474.0 GMS
SHERBET-ORANGE-2% FAT	1.5 CUPS	289.5 GMS
SNACK		
COOKIE-OATMEAL.RAISIN-MIX	8.0 ITEMS	104.0 GMS

NUTRIENT VALUES

Kcalories	3590 Kc	Carbohydrate	520.5 Gm
Protein	104.6 Gm	Fat	126.3 Gm
Protein: 12%	Carbohydrate: 57%	Fat: 31%	

Table 14. Menu 14X.

FOOD NAME	SERVING PORTION	AMOUNT
BREAKFAST		
MILK-2% FAT-LOWFAT-FLUID	1.5 CUPS	366.0 GMS
ORANGE JUICE-CAN	1.5 CUPS	373.5 GMS
CEREAL-CHEERIOS	1.5 CUPS	34.1 GMS
BREAD-RAISIN	3.0 SLICES	75.0 GMS
JAMS/PRESERVES-REGULAR	4.0 TBSPS	80.0 GMS
SUGAR-WHITE-GRANULATED	1.0 TBSP	12.0 GMS
MARGARINE-CORN-REG	1.0 TBSP	14.1 GMS
LUNCH		
CHEESE-SWISS	2.0 OUNCES	56.7 GMS
SAL DRESS-MAYO-LOW CAL	1.0 TBSP	16.0 GMS
BREAD-WHOLE WHEAT	2.0 SLICES	56.0 GMS
CARROT-RAW-WHOLE-SCRAPED	1.0 ITEM	72.0 GMS
CELERY-PASCAL-RAW-STALK	1.0 ITEM	40.0 GMS
COOKIE-FIG BAR	6.0 ITEMS	84.0 GMS
APPLE JUICE-CANNED/BOTTLED	2.0 CUPS	496.0 GMS
DINNER		
FISH-HADDOCK-COOK-DRY HEAT	4.0 OUNCES	113.4 GMS
TOMATO-STEW-COOK	2.0 CUPS	202.0 GMS
BEANS-LIMA-FROZ-BOIL-DRAIN	1.0 CUP	170.0 GMS
LETTUCE-ICEBERG-RAW-LEAVES	3.0 OUNCES	85.1 GMS
PEPPERS-SWEET-RAW	0.5 ITEM	37.0 GMS
RADISHES-RAW	3.0 ITEMS	13.5 GMS
SAL DRESS-RANCH STYLE	1.0 TBSP	15.0 GMS
PIE-APPLE	7.0 OUNCES	198.4 GMS
TEA-INSTANT-PREP-UNSWEET	2.0 CUPS	474.0 GMS
SNACK		
COOKIE-OATMEAL/RAISIN-MIX	2.0 ITEMS	26.0 GMS
ICE CREAM-VAN-HARD-16% FAT	1.5 CUPS	222.0 GMS

NUTRIENT VALUES

Kcalories	3622 Kc	Carbohydrate	541.6 Gm
Protein	106.6 Gm	Fat	123.7 Gm
Protein: 12%	Carbohydrate: 58%	Fat: 30%	

Table 15. Menu 15X.

FOOD NAME	SERVING PORTION	AMOUNT
BREAKFAST		
ORANGE JUICE-CAN	2.0 CUPS	498.0 GMS
EGG-SCRAMBLED-MILK/BUTTER	2.0 ITEMS	128.0 GMS
MUFFIN-ENGLISH-PLAIN	2.0 ITEMS	112.0 GMS
MARGARINE-CORN-REG	1.0 TBSP	14.1 GMS
JAMS/PRESERVES-REGULAR	2.0 TBSPS	40.0 GMS
LUNCH		
BREAD-WHOLE WHEAT	2.0 SLICES	56.0 GMS
MARGARINE-CORN-REG	1.0 TBSP	14.1 GMS
CHILI CON CARNE/BEANS-CAN	1.0 CUP	255.0 GMS
APPLE JUICE-CANNED/BOTTLED	2.0 CUPS	496.0 GMS
DINNER		
BEEF-LEAN/FAT-SIMM/ROAST	4.0 OUNCES	113.4 GMS
GRAVY-BEEF-CANNED	0.5 CUP	116.5 GMS
POTATO-BAKED-FLESH & SKIN	1.5 ITEMS	303.0 GMS
CREAM-SOUR-CULTURED	0.2 CUP	57.5 GMS
PEAS-GREEN-FROZ-BOIL-DRAIN	1.0 CUP	160.0 GMS
MARGARINE-CORN-REG	1.0 TBSP	14.1 GMS
FRUIT COCKTAIL-CAN/JUICE	1.5 CUPS	372.0 GMS
TEA-INSTANT-PREP-UNSWEET	2.0 CUPS	474.0 GMS
SNACK		
SHERBET-ORANGE-2% FAT	1.5 CUPS	289.5 GMS
COOKIE-FIG BAR	4.0 ITEMS	56.0 GMS

NUTRIENT VALUES

Kcalories	3615 Kc	Carbohydrate	528.2 Gm
Protein	105.2 Gm	Fat	125.9 Gm

Protein: 11%

Carbohydrate: 58%

Fat: 31%

Table 16. Diet Analysis 01X.

Food Name	WT.Gm	KCAL Kc	PROT Gm	CARB Gm	FAT Gm
MILK-2% FAT-LOWFAT-FLUID	366.0	181.5	12.1	17.5	7.0
APPLE JUICE-CANNED/BOTTLED	248.0	116.0	0.1	29.0	0.2
BACON-PORK-BROILED/FRIED	31.5	181.5	9.6	0.1	15.6
CEREAL-CHEERIOS	34.0	133.2	5.1	23.5	2.1
MUFFIN-ENGLISH-PLAIN	56.0	133.0	4.4	25.7	1.0
JAMS/PRESERVES-REGULAR	40.0	110.0	0.0	28.0	0.0
MARGARINE-CORN-REG	4.7	33.8	0.0	0.0	3.8
SUGAR-WHITE-GRANULATED	24.0	90.0	0.0	24.0	0.0
SOUP-VEGETABLE-CAN	480.0	196.8	4.8	28.8	0.0
FISH-TUNA-WHITE-CAN/WATER	85.0	116.1	22.7	0.0	2.0
SAL DRESS-MAYO-LOW CAL	48.0	60.0	0.0	6.0	6.0
BREAD-WHOLE WHEAT	84.0	205.8	8.0	38.1	3.6
LETTUCE-ICEBERG-RAW-LEAVES	28.3	3.6	0.2	0.5	0.0
CORN CHIPS	56.7	309.5	3.3	33.7	18.2
APPLE JUICE-CANNED/BOTTLED	496.0	232.0	0.3	58.0	0.5
TURK-BREAST-NO SKIN-ROAST	136.1	183.7	40.9	0.0	1.0
GRAVY-CHICKEN-CANNED	119.0	94.5	2.2	6.4	6.8
NOODLES-EGG-ENR-COOKED	160.0	200.0	7.0	37.0	2.0
SQUASH-ZUCCHINI-FROZ-BOIL	223.0	37.0	2.5	7.9	0.2
CRANBERRY SAUCE-CAN-SWEET	277.0	419.0	0.5	108.0	0.4
TEA-INSTANT-PREP-UNSWEET	474.0	4.0	0.2	0.8	0.0
ICE CREAM-VAN-HARD-16% FAT	222.0	523.5	6.1	48.0	35.5
Total for Diet:	<u>3693.0</u>	<u>3564.0</u>	<u>130.8</u>	<u>521.4</u>	<u>106.6</u>

Table 17. Diet Analysis 02X.

Food Name	WT.Gm	KCAL Kc	PROT Gm	CARB Gm	FAT Gm
GRAPE JUICE-CAN & BOTTEL	506.0	310.0	2.8	75.8	0.3
EGG-SCRAMBLED-MILK/BUTTER	128.0	190.0	11.9	2.7	14.1
BREAD-RAISIN	50.0	139.0	4.1	26.4	1.9
MARGARINE-CORN-REG	9.4	67.6	0.0	0.0	7.6
JAMS/PRESERVES-REGULAR	40.0	110.0	0.0	28.0	0.0
HAM-EXTRA LEAN-5% FAT-ROAST	113.4	164.4	23.7	1.7	6.2
SAUCE-BARBECUE	31.2	23.5	0.5	4.0	0.5
ROLL-HAMBURGER/HOTDOG	80.0	228.0	6.8	40.2	4.1
CELERY-PASCAL-RAW-STALK	40.0	6.0	0.2	1.4	0.0
CHEESE-COTTAGE-4%	63.0	65.1	7.8	1.6	2.8
PIE-CHERRY	141.8	367.5	4.2	54.6	15.7
TEA-INSTANT-PREP-UNSWEET	474.0	4.0	0.2	0.8	0.0
BEEF-LEAN/FAT-SIMM/ROAST	113.4	396.2	28.2	0.0	30.5
GRAVY-BEEF-CANNED	116.5	62.0	4.3	5.6	2.7
POTATO-BOIL-PEEL BEFORE	270.0	232.0	4.6	54.0	0.2
TOMATO-RED-CAN-STEWED	191.3	51.0	1.7	12.3	0.2
LETTUCE-ICEBERG-RAW-LEAVES	85.0	11.0	0.8	1.7	0.1
PEPPERS-SWEET-RAW	37.0	9.0	0.3	1.9	0.1
RADISHES-RAW	22.5	3.5	0.1	0.8	0.1
SAL DRESS-FRENCH	31.2	134.0	0.2	5.4	12.8
SHERBET-ORANGE-2% FAT	289.5	405.0	3.2	88.0	5.7
TEA-INSTANT-PREP-UNSWEET	474.0	4.0	0.2	0.8	0.0
STRAWBERRIES-CAN/SYRUP	254.0	234.0	1.4	59.8	0.6
COOKIES-OATMEAL/RAISIN-MIX	78.0	369.0	4.3	53.5	15.6
Total for Diet:	<u>3639.0</u>	<u>3586.0</u>	<u>112.3</u>	<u>521.5</u>	<u>122.8</u>

Table 18. Diet Analysis 03X.

Food Name	WT.Gm	KCAL Kc	PROT Gm	CARB Gm	FAT Gm
MILK-2% FAT-LOWFAT-FLUID	366.0	181.5	12.1	17.5	7.0
ORANGE JUICE-CAN	498.0	208.0	2.9	49.0	0.7
CEREAL-CORN FLAKES	50.0	196.0	3.8	43.4	0.2
EGG-SCRAMBLED-MILK/BUTTER	128.0	190.0	11.9	2.7	14.1
MUFFIN-ENGLISH-PLAIN	112.0	266.0	8.8	51.4	2.1
JAMS/PRESERVES-REGULAR	40.0	110.0	0.0	28.0	0.0
MARGARINE-CORN-REG	14.1	101.4	0.0	0.0	11.4
SUGAR-WHITE-GRANULATED	12.0	45.0	0.0	12.0	0.0
TOMATO-RAW-RED-RIPE	123.0	24.0	1.0	5.3	0.2
LETTUCE-ICEBERG-RAW-LEAVES	85.0	11.0	0.8	1.7	0.1
SAL DRESS-RANCH STYLE	15.0	54.0	0.4	0.6	5.7
PIZZA-CHEESE-BAKED	226.8	548.1	27.5	73.9	16.3
TEA-INSTANT-PREP-UNSWEET	474.0	4.0	0.2	0.8	0.0
BEEF-LEAN/FAT-SIMM/ROAST	113.4	396.2	28.2	0.0	30.5
GRAVY-BEEF-CANNED	116.5	62.0	4.3	5.6	2.7
BEANS-GREEN-FROZ-FRENCH	135.0	36.0	1.8	8.2	0.1
RICE-WHITE-LONG GRAIN-COOK	205.0	225.0	4.0	50.0	0.0
BREAD-WHOLE WHEAT	56.0	137.2	5.3	25.4	2.4
ORANGES-RAW-SECTIONS	180.0	85.0	1.6	21.2	0.2
TEA-INSTANT-PREP-UNSWEET	474.0	4.0	0.2	0.8	0.0
MARGARINE-CORN-REG	14.1	101.4	0.0	0.0	11.4
CAKE-POUND	33.0	160.0	2.0	16.0	10.0
RAISINS-SEEDLESS	108.8	325.5	3.5	86.2	0.5
NUTS-CASHEWS-DRY ROASTED	34.2	196.8	5.2	11.2	15.8
Total for Diet:	<u>3614.0</u>	<u>3668.0</u>	<u>126.3</u>	<u>551.2</u>	<u>132.0</u>

Table 19. Diet Analysis 04X.

Food Name	WT.Gm	KCAL Kc	PROT Gm	CARB Gm	FAT Gm
ORANGE JUICE-CAN	498.0	208.0	2.9	49.0	0.7
WAFFLES-FROZEN	113.4	315.7	6.5	48.7	10.7
SYRUP-PANCAKE-LIGHT-LOW CAL	78.0	120.0	0.0	30.0	0.0
MARGARINE-CORN-REG	14.1	101.4	0.0	0.0	11.4
EGG-SCRAMBLED-MILK/BUTTER	128.0	190.0	11.9	2.7	14.1
FISH-TUNA-WHITE-CAN/WATER	85.0	116.1	22.7	0.0	2.0
SAL DRESS-MAYO-LOW CAL	48.0	60.0	0.0	6.0	6.0
BREAD-PITA	76.0	210.0	7.9	41.2	1.1
APRICOTS-DRIED-UNCOOKED	65.0	155.0	2.3	40.1	0.3
CELERY-PASCAL-RAW-STALK	40.0	6.0	0.2	1.4	0.0
RADISHES-RAW	45.0	7.0	0.2	1.6	0.2
APPLE JUICE-CANNED/BOTTLED	620.0	290.0	0.3	72.5	0.7
FISH-COD-BROILED/BUTTER	85.0	145.0	23.3	0.0	4.4
CAULIFLOWER-FROZ-BOIL	180.0	34.0	2.9	6.7	0.3
CORN-FROZ-BOIL-KERNELS	165.0	134.0	4.9	33.7	0.1
LETTUCE-ICEBERG-RAW-LEAVES	56.7	7.3	0.5	1.1	0.1
TOMATO-RAW-RED-RIPE	61.5	12.0	0.5	2.6	0.1
SAL DRESS-ITALIAN	58.8	274.8	0.0	6.0	28.4
CAKE-POUND	33.0	160.0	2.0	16.0	10.0
TEA-INSTANT-PREP-UNSWEET	474.0	4.0	0.2	0.8	0.0
SHERBET-ORANGE-2% FAT	386.0	540.0	4.3	117.4	7.6
COOKIE-SUGAR-MIX	100.0	494.0	4.5	65.5	23.9
Total for Diet:	<u>3411.0</u>	<u>3584.0</u>	<u>98.7</u>	<u>543.4</u>	<u>122.8</u>

Table 20. Diet Analysis 05X.

Food Name	WT.Gm	KCAL Kc	PROT Gm	CARB Gm	FAT Gm
MILK-2% FAT-LOWFAT-FLUID	366.0	181.5	12.1	17.5	7.0
ORANGE JUICE-CAN	249.0	104.0	1.4	24.5	0.3
CEREAL-RAISIN BRAN	84.0	267.0	6.6	69.7	0.4
MUFFIN-ENGLISH-PLAIN	112.0	266.0	8.8	51.4	2.1
JAMS/PRESERVES-REGULAR	40.0	110.0	0.0	28.0	0.0
MARGARINE-CORN-REG	14.1	101.4	0.0	0.0	11.4
SUGAR-WHITE-GRANULATED	12.0	45.0	0.0	12.0	0.0
SOUP-VEGETABLE-CAN	240.0	98.4	2.4	14.4	0.0
CHEESE-CHEDDAR-CUT PIECES	113.4	461.7	28.5	1.4	38.0
CRACKERS-SALTINES	22.0	100.0	2.0	16.0	2.0
TOMATO-RAW-RED-RIPE	123.0	24.0	1.0	5.3	0.2
CUCUMBER-RAW-SLICED	31.2	4.2	0.1	0.9	0.0
LETTUCE-ICEBERG-RAW-LEAVES	56.7	7.3	0.5	1.1	0.1
SAL DRESS-RANCH STYLE	30.0	108.0	0.8	1.2	11.4
GRAPE JUICE-CAN & BOTTLE	506.0	310.0	2.8	75.8	0.3
HAM-EXTRA LEAN-5% FAT-ROAST	198.4	287.8	41.5	2.9	10.9
SWEET POTATO-CAN-VACUUM	200.0	183.0	3.3	42.3	0.4
BEANS-GREEN-FROZ-FRENCH	135.0	36.0	1.8	8.2	0.1
BREAD-WHOLE WHEAT	56.0	137.2	5.3	25.4	2.4
PINEAPPLE-CAN/JUICE	250.0	150.0	1.0	39.2	0.2
TEA-INSTANT-PREP-UNSWEET	474.0	4.0	0.2	0.8	0.0
MARGARINE-CORN-REG	14.1	101.4	0.0	0.0	11.4
NUTS-CASHEWS-OIL ROASTED	39.0	224.4	6.3	11.1	18.8
SHERBET-ORANGE-2% FAT	250.9	351.0	2.8	76.3	4.9
Total For Diet:	<u>3617.0</u>	<u>3663.0</u>	<u>129.9</u>	<u>525.9</u>	<u>123.0</u>

Table 21. Diet Analysis 06X.

Food Name	WT.Gm	KCAL Kc	PROT Gm	CARB Gm	FAT Gm
MILK-2% FAT-LOWFAT-FLUID	366.0	181.5	12.1	17.5	7.0
APPLE JUICE-CANNED/BOTTLED	496.0	232.0	0.3	58.0	0.5
EGG-SCRAMBLED-MILK/BUTTER	128.0	190.0	11.9	2.7	14.1
CEREAL-CHEERIOS	34.0	133.2	5.1	23.5	2.1
MUFFIN-BRAN	80.0	224.0	5.9	33.4	10.1
SUGAR-WHITE-GRANULATED	12.0	45.0	0.0	12.0	0.0
CARROT-RAW-SHRED-SCRAPED	110.0	48.0	1.1	11.0	0.2
RAISINS-SEEDLESS	43.5	130.2	1.4	34.5	0.2
HAM-EXTRA LEAN-5% FAT-ROAST	85.0	123.3	17.8	1.2	4.7
BREAD-WHOLE WHEAT	56.0	137.2	5.3	25.4	2.4
SAL DRESS-MAYO-LOW CAL	16.0	20.0	0.0	2.0	2.0
MUSTARD-YELLOW-PREPARED	15.0	15.0	0.3	0.3	0.3
ORANGE JUICE-CAN	498.0	208.0	2.9	49.0	0.7
CHICK BREAST-NO SKIN-ROAST	172.0	284.0	53.4	0.0	6.1
PEAS-GREEN-FROZ-BOIL-DRAIN	160.0	126.0	8.2	22.8	0.4
GRAVY-CHICKEN-CANNED	71.4	56.7	1.3	3.8	4.0
RICE-WHITE-LONG GRAIN-COOK	307.5	337.5	6.0	75.0	0.0
PIE-PEACH	198.4	507.2	4.4	76.4	20.5
TEA-INSTANT-PREP-UNSWEET	474.0	4.0	0.2	0.8	0.0
ICE CREAM-VAN-HARD-16% FAT	259.0	610.8	7.2	56.0	41.4
Total for Diet:	<u>3582.0</u>	<u>3614.0</u>	<u>145.2</u>	<u>505.8</u>	<u>117.4</u>

Table 22. Diet Analysis 07X.

Food Name	WT.Gm	KCAL Gm	PROT Gm	CARB Gm	FAT Gm
GRAPE JUICE-CAN & BOTTLE	506.0	310.0	2.8	75.8	0.3
WAFFLES-FROZEN	113.4	315.7	6.5	48.7	10.7
SYRUP-PANCAKE-LIGHT-LOW CAL	78.0	120.0	0.0	30.0	0.0
MARGARINE-CORN-REG	14.1	101.4	0.0	0.0	11.4
EGG-SCRAMBLED-MILK/BUTTER	128.0	190.0	11.9	2.7	14.1
HAM-EXTRA LEAN-5% FAT-ROAST	56.7	82.2	11.8	0.8	3.1
CHEESE-SWISS	28.3	108.3	8.1	0.9	7.8
BREAD-WHOLE WHEAT	56.0	137.2	5.3	25.4	2.4
MUSTARD-YELLOW-PREPARED	30.0	30.0	0.6	0.6	0.6
SAL DRESS-MAYO-LOW CAL	32.0	40.0	0.0	4.0	4.0
PINEAPPLE-CAN/JUICE	250.0	150.0	1.0	39.2	0.2
TEA-INSTANT-PREP-UNSWEET	474.0	4.0	0.2	0.8	0.0
SQUASH-ZUCCHINI-FROZ-BOIL	223.0	37.0	2.5	7.9	0.2
SPAGHETTI-COOK-TENDER-HOT	140.0	155.0	5.0	32.0	1.0
HAMBURGER-GROUND-REG-FRIED	56.7	173.4	13.5	0.0	12.8
SAUCE-SPAGHETTI-CANNED	124.5	136.0	2.2	19.8	5.9
CHEESE-PARMESAN-GRATED	18.7	85.5	7.8	0.7	5.6
LETTUCE-ICEBERG-RAW-LEAVES	56.7	7.3	0.5	1.1	0.1
TOMATO-RAW-RED-RIPE	61.5	12.0	0.5	2.6	0.1
CUCUMBER-RAW-SLICED	31.2	4.2	0.1	0.9	0.0
SAL DRESS-ITALIAN	29.4	137.4	0.0	3.0	14.2
BREAD-FRENCH	70.0	196.0	6.6	35.4	2.7
PIE-CHEERY	141.8	367.5	4.2	54.6	15.7
APPLE JUICE-CANNED/BOTTLED	496.0	232.0	0.3	58.0	0.5
RAISINS-SEEDLESS	108.8	325.5	3.5	86.2	0.5
NUTS-CASHEWS-DRY ROASTED	41.1	236.1	6.3	13.4	19.0
Total for Diet:	<u>3366.0</u>	<u>3694.0</u>	<u>102.0</u>	<u>545.0</u>	<u>133.7</u>

Table 23. Diet Analysis 08X.

Food Name	WT.Gm	KCAL Gm	PROT Gm	CARB Gm	FAT Gm
MILK-2% FAT-LOWFAT-FLUID	317.2	157.3	10.5	15.2	6.0
GRAPE JUICE-CAN & BOTTLE	379.5	232.5	2.1	56.8	0.2
CEREAL-RAISIN BRAN	84.0	267.0	6.6	69.7	0.4
BREAD-WHOLE WHEAT	56.0	137.2	5.3	25.4	2.4
JAMS/PRESERVES-REGULAR	40.0	110.0	0.0	28.0	0.0
MARGARINE-CORN-REG	14.1	101.4	0.0	0.0	11.4
SUGAR-WHITE-GRANULATED	24.0	90.0	0.0	24.0	0.0
SOUP-VEGETABLE-CAN	300.0	123.0	3.0	18.0	0.0
CHEESE-CHEDDAR-CUT PIECES	85.0	346.3	21.4	1.0	28.5
CRACKERS-SALTINES	22.0	100.0	2.0	16.0	2.0
CAULIFLOWER-RAW-CHOPPED	100.0	24.0	1.9	4.9	0.1
APPLE JUICE-CANNED/BOTTLED	496.0	232.0	0.3	58.0	0.5
FISH-HADDOCK-COOK-DRY HEAT	170.1	190.0	41.2	0.0	1.5
VEGETABLES-MIXED-FROZ-BOIL	182.0	108.0	5.2	23.8	0.2
LETTUCE-ICEBERG-RAW-LEAVES	56.7	7.3	0.5	1.1	0.1
CUCUMBER-RAW-SLICED	52.0	7.0	0.2	1.5	0.0
PEPPERS-SWEET-RAW	37.0	9.0	0.3	1.9	0.1
SAL DRESS-RANCH STYLE	45.0	162.0	1.2	1.8	17.1
BREAD-FRENCH	70.0	196.0	6.6	35.4	2.7
TEA-INSTANT-PREP-UNSWEET	474.0	4.0	0.2	0.8	0.0
MARGARINE-CORN-REG	14.1	101.4	0.0	0.0	11.4
PIE-BLUEBERRY	226.8	546.0	5.0	78.9	25.2
SHERBET-ORANGE-2% FAT	289.5	405.0	3.2	88.0	5.7
Total for Diet:	<u>3535.0</u>	<u>3657.0</u>	<u>117.3</u>	<u>550.7</u>	<u>116.3</u>

Table 24. Diet Analysis 09X.

Food Name	WT.Gm	KCAL Gm	PROT Gm	CARB Gm	FAT Gm
MILK-2% FAT-LOWFAT-FLUID	366.0	181.5	12.1	17.5	7.0
ORANGE JUICE-CAN	249.0	104.0	1.4	24.5	0.3
CEREAL-CORN FLAKES	50.0	196.0	3.8	43.4	0.2
BREAD-RAISIN	50.0	139.0	4.1	26.4	1.9
JAMS/PRESERVES-REGULAR	40.0	110.0	0.0	28.0	0.0
MARGARINE-CORN-REG	14.1	101.4	0.0	0.0	11.4
SUGAR-WHITE-GRANULATED	12.0	45.0	0.0	12.0	0.0
SOUP-BEAN/BACON-CAN-WATER	253.0	173.0	7.8	22.8	5.9
FISH-TUNA-WHITE-CAN/WATER	85.0	116.1	22.7	0.0	2.0
SAL DRESS-MAYO-LOW CAL	48.0	60.0	0.0	6.0	6.0
BREAD-PITA	38.0	105.0	3.9	20.6	0.5
CARROT-RAW-WHOLE-SCRAPED	144.0	62.0	1.4	14.6	0.2
CELERY-PASCAL-RAW-STALK	80.0	12.0	0.5	2.9	0.1
RAISINS-SEEDLESS	72.5	217.0	2.3	57.5	0.3
CANDY-SNICKERS BAR	57.0	270.0	6.0	33.0	13.0
APPLE JUICE-CANNED/BOTTLED	496.0	232.0	0.3	58.0	0.5
LETTUCE-ICEBERG-RAW-LEAVES	56.7	7.3	0.5	1.1	0.1
TOMATO-RAW-RED-RIPE	61.5	12.0	0.5	2.6	0.1
HAMBURGER-GROUND-REG-FRIED	113.4	346.9	27.0	0.0	25.6
TOMATO CATSUP	60.0	60.0	0.0	16.0	0.0
MUSTARD-YELLOW-PREPARED	30.0	30.0	0.6	0.6	0.6
ROLL-HAMBURGER/HOT DOG	40.0	114.0	3.4	20.1	2.0
POTATO CHIPS-SALT ADDED	40.0	210.0	2.5	20.8	14.1
STRAWBERRIES-CAN/SYRUP	254.0	234.0	1.4	59.8	0.6
TEA-INSTANT-PREP-UNSWEET	474.0	4.0	0.2	0.8	0.0
ICE CREAM-VAN-HARD-16% FAT	192.4	453.7	5.3	41.6	30.8
Total for Diet:	<u>3377.0</u>	<u>3596.0</u>	<u>108.5</u>	<u>530.8</u>	<u>124.0</u>

Table 25. Diet Analysis 10X.

Food Name	WT.Gm	KCAL Gm	PROT Gm	CARB Gm	FAT Gm
MILK-2% FAT-LOWFAT-FLUID	366.0	181.5	12.1	17.5	7.0
ORANGE JUICE-CAN	249.0	104.0	1.4	24.5	0.3
CEREAL-CHEERIOS	34.0	133.2	5.1	23.5	2.1
JAMS/PRESERVES-REGULAR	40.0	110.0	0.0	28.0	0.0
MUFFIN-ENGLISH-PLAIN	112.0	266.0	8.8	51.4	2.1
MARGARINE-CORN-REG	14.1	101.4	0.0	0.0	11.4
SUGAR-WHITE-GRANULATED	24.0	90.0	0.0	24.0	0.0
HAMBURGER-GROUND-REG-FRIED	113.4	346.9	27.0	0.0	25.6
CHEESE-AMERICAN-PROCESSED	28.0	106.0	6.2	0.4	8.8
TOMATO CATSUP	90.0	90.0	0.0	24.0	0.0
MUSTARD-YELLOW-PREPARED	30.0	30.0	0.6	0.6	0.6
ROLL-HAMBURGER/HOTDOG	80.0	228.0	6.8	40.2	4.1
CARROT-RAW-WHOLE-SCRAPED	72.0	31.0	0.7	7.3	0.1
CELERY-PASCAL-RAW-STALK	40.0	6.0	0.2	1.4	0.0
GRAPE JUICE-CAN & BOTTLE	506.0	310.0	2.8	75.8	0.3
SPAGHETTI-COOK-TENDER-HOT	245.0	271.3	8.7	56.0	1.7
SAUSAGE-PATTY-PORK-COOKED	54.0	200.0	10.6	0.5	16.8
SAUCE-SPAGHETTI-CANNED	124.5	136.0	2.2	19.8	5.9
BEANS-GREEN-FROZ-FRENCH	135.0	36.0	1.8	8.2	0.1
FRUIT COCKTAIL-CAN/JUICE	248.0	113.0	1.1	29.4	0.0
TEA-INSTANT-PREP-UNSWEET	474.0	4.0	0.2	0.8	0.0
SHERBET-ORANGE-2% FAT	193.0	270.0	2.1	58.7	3.8
COOKIE-SUGAR-MIX	100.0	494.0	4.5	65.5	23.9
Total for Diet:	<u>3372.0</u>	<u>3658.0</u>	<u>103.8</u>	<u>557.9</u>	<u>115.5</u>

Table 26. Diet Analysis 11X.

Food Name	WT.Gm	KCAL Gm	PROT Gm	CARB Gm	FAT Gm
GRAPE JUICE-CANN & BOTTLE	506.0	310.0	2.8	75.8	0.3
EGG-SCRAMBLE-MILK/BUTTER	128.0	190.0	11.9	2.7	14.1
MUFFIN-ENGLISH-PLAIN	112.0	266.0	8.8	51.4	2.1
MARGARINE-CORN-REG	14.1	101.4	0.0	0.0	11.4
SOUP-BEAN/BACON-CAN/WATER	506.0	346.0	15.7	45.6	11.8
CRACKERS-RITZ	33.3	180.0	2.3	21.3	9.6
CHEESE-COTTAGE-LOWFAT-2%	226.0	203.0	31.1	8.2	4.3
CUCUMBER-RAW-SLICED	52.0	7.0	0.2	1.5	0.0
TOMATO-RAW-RED-RIPE	123.0	24.0	1.0	5.3	0.2
PEPPERS-SWEET-RAW	74.0	18.0	0.6	3.9	0.3
SAL DRESS-ITALIAN	14.7	68.7	0.0	1.5	7.1
ORANGE JUICE-CAN	498.0	208.0	2.9	49.0	0.7
STEAK-TENDERLOIN-COOKED	226.8	462.7	64.4	0.0	21.0
POTATO-BAKED-FLESH & SKIN	252.5	275.0	5.8	63.7	0.2
CREAM-SOUR-CULTURED	57.5	123.3	1.8	2.4	12.0
MARGARINE-CORN-REG	21.1	152.1	0.0	0.0	17.1
APPLES-RAW-UNPEELED	69.0	40.5	0.1	10.5	0.2
ORANGES-RAW-SECTIONS	180.0	85.0	1.6	21.2	0.2
NUT-WALNUT-PERSIAN/ENGLISH	15.0	96.2	2.1	2.7	9.2
HONEY-STRAINED/EXTRACTED	21.0	65.0	0.0	17.0	0.0
YOGURT-PLAIN-LOWFAT	14.1	9.0	0.7	1.0	0.2
TEA-INSTANT-PREP-UNSWEET	474.0	4.0	0.2	0.8	0.0
SHERBET-ORANGE-2% FAT	289.5	405.0	3.2	88.0	5.7
Total for Diet	<u>3908.0</u>	<u>3640.0</u>	<u>157.9</u>	<u>473.9</u>	<u>128.6</u>

Table 27. Diet Analysis 12X.

Food Name	WT.Gm	KCAL Gm	PROT Gm	CARB Gm	FAT Gm
MILK-2% FAT-LOWFAT-FLUID	366.0	181.5	12.1	17.5	7.0
ORANGE JUICE-CAN	373.5	156.0	2.1	36.7	0.5
CEREAL-CORN FLAKES	50.0	196.0	3.8	43.4	0.2
EGG-SCRAMBLED-MILK/BUTTER	128.0	190.0	11.9	2.7	14.1
SUGAR-WHITE-GRANULATED	12.0	45.0	0.0	12.0	0.0
TOMATO JUICE-CAN	244.0	42.0	1.8	10.3	0.1
CHICK-BREAST-NO SKIN-ROAST	113.4	187.2	35.2	0.0	4.0
CARROT-RAW-WHOLE-SCRAPED	72.0	31.0	0.7	7.3	0.1
CELERY-PASCAL-RAW-STALK	40.0	6.0	0.2	1.4	0.0
PEACHES-CAN/HEAVY SYRUP	256.0	190.0	1.1	51.0	0.2
BREAD-WHOLE WHEAT	56.0	137.2	5.3	25.4	2.4
MARGARINE-CORN-REG	14.1	101.4	0.0	0.0	11.4
TEA-INSTANT-PREP-UNSWEET	474.0	4.0	0.2	0.8	0.0
SALAD-THREE BEAN-DEL MONTE	198.4	156.5	4.9	35.3	0.3
SPAGHETTI-COOK-TENDER-HOT	245.0	271.3	8.7	56.0	1.7
SAUCE-SPAGHETTI-CANNED	249.0	272.0	4.5	39.7	11.9
ITALIAN SAUSAGE-PORK-LINK	67.0	217.0	13.4	1.0	17.2
BREAD-FRENCH	70.0	196.0	6.6	35.4	2.7
MARGARINE-CORN-REG	14.1	101.4	0.0	0.0	11.4
PIE-PEACH	141.8	362.2	3.1	54.6	14.7
APPLE JUICE-CANNED/BOTTLED	496.0	232.0	0.3	58.0	0.5
ICE CREAM-VAN-HARD-16% FAT	148.0	349.0	4.1	32.0	23.7
Total for Diet:	<u>3828.0</u>	<u>3625.0</u>	<u>120.8</u>	<u>520.8</u>	<u>124.7</u>

Table 28. Diet Analysis 13X.

Food Name	WT.Gm	KCAL Gm	PROT Gm	CARB Gm	FAT Gm
GRAPE JUICE-CAN & BOTTLE	632.5	387.5	3.5	94.7	0.4
EGG-SCRAMBLED-MILK/BUTTER	128.0	190.0	11.9	2.7	14.1
MUFFIN-ENGLISH-PLAIN	112.0	266.0	8.8	51.4	2.1
PEANUT BUTTER-CHUNK STYLE	16.1	95.0	3.8	3.4	8.0
JAMS/PRESERVES-REGULAR	40.0	110.0	0.0	28.0	0.0
PINEAPPLE-CAN/JUICE	125.0	75.0	0.5	19.6	0.1
HAM-EXTRA LEAN-5% FAT-ROAST	113.4	164.4	23.7	1.7	6.2
SAL DRESS-MAYO-LOW CAL	16.0	20.0	0.0	2.0	2.0
BREAD-WHOLE WHEAT	56.0	137.2	5.3	25.4	2.4
TOMATO-RAW-RED-RIPE	61.5	12.0	0.5	2.6	0.1
CUCUMBER-RAW-SLICED	52.0	7.0	0.2	1.5	0.0
SAL DRESS-RANCH STYLE	30.0	108.0	0.8	1.2	11.4
CANDY-SINCKERS BAR	57.0	270.0	6.0	33.0	13.0
TEA-INSTANT-PREP-UNSWEET	474.0	4.0	0.2	0.8	0.0
FISH-LOBSTER-BROIL/BUTTER	290.0	268.0	17.3	0.6	21.6
LETTUCE-ICEBERG-RAW-LEAVES	85.0	11.0	0.8	1.7	0.1
TOMATO-RAW-RED-RIPE	184.5	36.0	1.6	8.0	0.3
BACON BITS	12.0	53.2	3.8	3.4	3.1
SAL DRES-ITALIAN	29.4	137.4	0.0	3.0	14.2
RICE-WHITE-LONG GRAIN-COOK	307.5	337.5	6.0	75.0	0.0
TEA-INSTANT-PREP-UNSWEET	474.0	4.0	0.2	0.8	0.0
SHERBET-ORANGE-2% FAT	289.5	405.0	3.2	88.0	5.7
COOKIE-OATMEAL-RAISIN-MIX	104.0	492.0	5.8	71.4	20.8
Total for Diet:	<u>3689.0</u>	<u>3590.0</u>	<u>104.6</u>	<u>520.5</u>	<u>126.3</u>

Table 29. Diet Analysis 14X.

Food Name	WT.Gm	KCAL Gm	PROT Gm	CARB Gm	FAT Gm
MILK-2% FAT-LOWFAT-FLUID	366.0	181.5	12.1	17.5	7.0
ORANGE JUICE-CAN	373.5	156.0	2.1	36.7	0.5
CEREAL-CHEERIOS	34.0	133.2	5.1	23.5	2.1
BREAD-RAISIN	75.0	208.5	6.1	39.6	2.9
JAMS/PRESERVES-REGULAR	80.0	220.0	0.0	56.0	0.0
SUGAR-WHITE-GRANULATED	12.0	45.0	0.0	12.0	0.0
MARGARINE-CORN-REG	14.1	101.4	0.0	0.0	11.4
CHEESE-SWISS	56.7	216.7	16.3	1.9	15.7
SAL DRESS-MAYO-LOW CAL	16.0	20.0	0.0	2.0	2.0
BREAD-WHOLE WHEAT	56.0	137.2	5.3	25.4	2.4
CARROT-RAW-WHOLE-SCRAPED	72.0	31.0	0.7	7.3	0.1
CELERY-PASCAL-RAW-STALK	40.0	6.0	0.2	1.4	0.0
COOKIE-FIG BAR	84.0	317.4	3.0	63.6	5.7
APPLE JUICE-CANNED/BOTTLED	496.0	232.0	0.3	58.0	0.5
FISH-HADDOCK-COOK-DRY HEAT	113.4	126.7	27.4	0.0	1.0
TOMATO-STEW-COOK	202.0	118.0	3.5	20.8	4.4
BEANS-LIMA-FROZ-BOIL-DRAIN	170.0	170.0	10.3	32.0	0.5
LETTUCE-ICEBERG-RAW-LEAVES	85.0	11.0	0.8	1.7	0.1
PEPPERS-SWEET-RAW	37.0	9.0	0.3	1.9	0.1
RADISHES-RAW	13.5	2.1	0.0	0.4	0.0
SAL DRESS-RANCH STYLE	15.0	54.0	0.4	0.6	5.7
PIE-APPLE	198.4	474.8	4.0	72.1	19.9
TEA-INSTANT-PREP-UNSWEET	474.0	4.0	0.2	0.8	0.0
COOKIE-OATMEAL/RAISIN-MIX	26.0	123.0	1.4	17.8	5.2
ICE CREAM-VAN-HARD-16% FAT	222.0	523.5	6.1	48.0	35.5
Total for Diet:	<u>3332.0</u>	<u>3622.0</u>	<u>106.6</u>	<u>541.6</u>	<u>123.7</u>

Table 30. Diet Analysis 15X.

Food Name	WT.Gm	KCAL Gm	PROT Gm	CARB Gm	FAT Gm
ORANGE JUICE-CAN	498.0	208.0	2.9	49.0	0.7
EGG-SCRAMBLED-MILK/BUTTER	128.0	190.01	11.9	2.7	14.1
MUFFIN-ENGLISH-PLAIN	112.0	266.0	8.8	51.4	2.1
MARGARINE-CORN-REG	14.1	101.4	0.0	0.0	11.4
JAMS/PRESERVES-REGULAR	40.0	110.0	0.0	28.0	0.0
BREAD-WHOLE WHEAT	56.0	137.2	5.3	25.4	2.4
MARGARINE-CORN-REG	14.1	101.4	0.0	0.0	11.4
CHILI CON CARNE/BEANS-CAN	255.0	340.0	19.0	31.0	16.0
APPLE JUICE-CANNED/BOTTLED	496.0	232.0	0.3	58.0	0.5
BEEF-LEAN/FAT-SIMM/ROAST	113.4	396.2	28.2	0.0	30.5
GRAVY-BEEF-CANNED	116.5	62.0	4.2	5.6	2.7
POTATO-BAKED-FLESH & SKIN	303.0	303.0	6.9	76.5	0.3
CREAM-SOUR-CULTURED	57.5	123.3	1.8	2.4	12.0
PEAS-GREEN-FROZ-BOIL-DRAIN	160.0	126.0	8.2	22.8	0.4
MARGARINE-CORN-REG	14.1	101.4	0.0	0.0	11.4
FRUIT COCKTAIL-CAN/JUICE	372.0	169.5	1.6	44.1	0.0
TEA-INSTANT-PREP-UNSWEET	474.0	4.0	0.2	0.8	0.0
SHERBET-ORANGE-2% FAT	289.5	405.0	3.2	88.0	5.7
COOKIE-FIG BAR	56.0	211.6	2.0	42.4	3.8
Total for Diet:	<u>3659.0</u>	<u>3615.0</u>	<u>105.2</u>	<u>528.2</u>	<u>125.9</u>